

A Sutherland Belle

Italian Pastina Soup (aka Nonna's Penicillin Soup)

INGREDIENTS

- 8 cups chicken broth
- 1 large yellow onion, halved
- 4 carrots, peeled and cut in half
- 4 celery ribs, cut in half
- 1 lemon juiced
- 1/4 cup of garlic cloves (about 6-8)
- 1 bay leaf
- 1 bunch of fresh poultry seasoning tied together
- 1 parmesan rind (optional)
- 1 teaspoon Kosher salt
- 1 teaspoon fresh cracked black pepper
- 2 tablespoons butter (optional)
- 2 tablespoons Better Than Bouillon Chicken Base
- 1 1/2-2 cups pastina or any tiny pasta variety, like acini di pepe or orzo
- 1/4 cup finely chopped parsley leaves, for garnish
- Grated parmesan cheese for serving

INSTRUCTIONS

1. In a large pot with a lid or Dutch oven, stir the broth, onion, carrots, celery, lemon juice, fresh herbs, bay leaf parmesan rind, salt, and pepper. Turn the heat to high to bring to a boil, then lower the heat and cover. Simmer until the vegetables are very tender, 35-40 minutes. You may need to add up to two cups of water if the liquid does not fully cover the vegetables.
2. Discard the fresh herbs, bay leaf, and parmesan rind, then use a slotted spoon to transfer the vegetables to a blender or food processor. Add a couple of broth ladles and blend until the vegetables are fully smooth. Scrape the pureed vegetables back into the pot along with butter and Better Than Bouillon. Return the soup to the stove and simmer on low heat until the butter has melted.
3. Cook pasta according to package directions, about 3-4 minutes. Drain and drizzle with olive oil to prevent pasta from clumping.
4. Taste the soup and adjust the seasoning, adding more salt if needed. Place the desired amount of pasta into serving bowls. Ladle over soup. Finish each bowl with a sprinkle of parsley, grated parmesan cheese, and fresh cracked black pepper.